

Miso Chocolate Sundae

Recipe recommended by Victoria Mortimer
BANT Student Member



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	516 kj	6%
Energy (kcal)	123 kcal	6%
Fat	5.2g	7%
of which saturates	2g	10%
Carbohydrate	14g	5%
of which sugars	13g	14%
Fibre	2.7g	11%
Protein	3.8g	8%
Salt	0.19g	3%

Generated by Nutritics v5.61 on 30th October 2023.

INGREDIENTS: (Serves 8 - 223 kcal per 181g serving)

Miso sauce:

- 1 tbsp white miso (**SOYA**)
- 6 medjool dates (blended to a paste) or 2 tbsp date paste.
- 125ml **MILK**
- 1 tsp cinnamon

Sundae:

- 500g kefir (freeze the day before) (**MILK**)
- 1 tbsp milled flaxseed
- ½ tsp vanilla extract
- 50g dark chocolate (min. 70% cacao)
- 2 x apples (chopped into cubes)
- 200g strawberries (sliced)
- 50g chopped walnuts (**TREE NUTS**)

OPTIONAL EXTRAS: Add in variety of fruits, seeds (sunflower/ chia) and nuts (hazelnuts / almonds/ brasil etc).

METHOD:

1. The day before, stir the flaxseed and vanilla extract into your pot of kefir, and freeze overnight.
2. Heat the milk gently in a small saucepan, add the date paste and cinnamon and stir until smooth. Turn off heat. When cooler but still warm, stir in the miso until smooth.
3. Melt your dark chocolate. Approx. 1 minute stirring halfway through.
4. Build your sundae! Layer the fruit, kefir, drizzle with chocolate and miso sauce and sprinkle with nuts.

ALLERGENS



MILK



SOYA



TREE NUTS

MODIFY

Switch milk for coconut milk and kefir for plant-based yogurt for vegan option

For added sweetness; drizzle with honey / maple syrup

Add protein powder

CREDIT

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Photo by: Victoria Mortimer